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in anything. How Mr. Gregory, the

knocking at the door, Grace's exalted

faith in Mr. Gregory had been per-

not altogether what she had imagined.

quickly, "was not altogether to be cen-

sured. At least, he meant to do right.

"Then why didn't he do right?"

woman, and take care of her? Huh?

"He did go back," exclaimed Greg-

Good thing he's not alive; I'd always

get my sentence commuted to life-im-

"Who is exciting my son?" demand-

What was holding him?"

"Why

Hamilton Gregory felt the change in

plexed by the foreboding that he was

BOBBS-MERRILL CO.)



SYNOPSIS.

Fran arrives at Hamilton Gregory's home in Littleburg, but finds him absent conducting the choir at a camp meeting. She repairs thither is search of him, subserved the repairs thither is search of him, langing during the service and is asked to teave. Abbott Ashton, superintendent of schools, secarts Fran from the tent. He tells her Gregory is a wealthy man, deeply interested in charity work, and a pillar of the church. Ashton becomes greatly interested in Fran and while taking leave of her, holds her hand and is seen by Sapphira Clinton, sister of Robert Clinton, chairman of the school board. Fran tells Gregory she wants a home with him. Grace Nole, Gregory's private secretary, takes a violent dislike to Fran and daylase her to go away at once. Fran hints at a twenty-year-old secret, and Gregory in agitation asks Grace to leave the room. Fran relates the story of how Gregory married a young girl at Springfield white attending college and then deserted her. Fran is the child of that marriage. Gregory had married his present wife three years before the death of Fran's mother. Fran takes a liking to Mrs. Gregory, Gregory explains that Fran is the daughter of a very dear friend who is dead. Fran agrees to the story, Mrs. Gergory insists on her making her home with them and takes her to her arms.

CHAPTER VII.-Continued.

In the meantime old Mrs. Jefferson had been looking on with absorbed attention, desperately seeking to triumph over her enemy, a deaf demon that for years had taken possession of her, Now, with an impatient hand, Mrs. Jefferson responded eagerly, she bent her wheel-chair to her daughter's side and proffered her ear trum-

"Mother," Mrs. Gregory called through this ebony connector of souls. "I'll wheel you twenty times a day, "This is Fran Derry, the daughter of Mr. Gregory's dear friend, one he used to know in New York, many years be- old lady with spirit. fore he came to Littleburg. Fran is an orphan, and needs a home. We

have asked her to live with us." Mrs. Jefferson did not always hear said coldly, "it is understood that the aright, but she always responded with daughter of-er-my friend, comes know hi as much spirit as if her hearing were here as a-as an equal." As he rience." never in doubt. "And what I'd like found himself forced into definite opto know," she cried, "Is what you are asking her to give us."

Grace Noir came forward with quiet resolution. "Let me speak to your mother," she said to Mrs. Gregory.

Mrs. Gregory handed her the tube, somewhat surprised, since Grace made | else could it be?" tit a point of conscience seldom to talk to the old lady. When Grace Noir disapproved of any one, she did not said, looking into her face with loving think it right to conceal that fact, eyes, Since Mrs. Jefferson absolutely refused to attend religious services, alleging as excuse that she could not as an example to others-Grace disapproved most heartily.

Mrs. Jefferson held her hend to the trumpet shrinkingly, as if afraid of getting her ear tickled.

Grace spoke quietly, but distinctly, as she indicated Fran-"You know how hard it is to get a good servant in Then she returned the ear trumpet. That was all she had to

Fran looked at Mr. Gregory. He bit his lip, hoping it might go

at that; The old lady was greatly at sea. Much as she disliked the secretary, her news was grateful. "Be sure to stipulate," she said briskly, "about wheeling me around in the garden. The last one wasn't told in the beginning, and had to be paid extra, every time I took the air. There's nothing like an understanding at the begin-

ning."

Fran walked up to Grace Noir and shook back her hair in the way that Grace particularly disliked. She said: "Nothing like an understanding at the beginning; yes, the old lady's right. Good thing to know what the trouble is, so we'll know how it'll hit us guess I'm the trouble for this house, but I'm going to hit it as the daughter of an old friend, and not as a servant. I'm just about as independent as Patrick Henry, Miss Noir. I'm not responsible for being born, but it's my outlook to hold on to my equality." "Fran!" exclaimed Mrs. Gregory,

in mild reproof. Grace looked at Mrs. Gregory and nothing could have exceeded the saintwas enjoying to the full her plous satisfaction of martyrdom.

"Dear Mrs. Gregory," said Fran acindly, "I'm sorry to have to do this, but it isn't as if you were adopting a penniless orphan. I'm adopting a home. I want to belong to somebody. and I want people to feel that they have something when they have me.' "I reckon they'll know they've got

"I believe," said Dr. Myles Standish

school, according to the Boston Tran-

coluted scissors about in any house-

hold in which there are children under

six years of age. Children will inva-

ently tall on the points and puncture

he eye, and often the wound, while

it will cause blindness, is too small to

Nest in point of danger to the eye

ight is the pounding of steel on steel,

which throwing out slivers, eventually estroys the sight. Machinists and

destroys the signt. Machinists and denocutters meet with similar accidents, and now that the public is paying for these injuries through insurance, workmen who are subjected to much dangers should be compelled to year glauses of some sort to protect.

"that it is a crime to have

ther was a millionaire on Wall street. something," remarked Simon Jeffer Mother's uncle was pretty well fixed, proved himself!" DANGERS TO THE EYESIGHT on strike because their employer tried youth of possibly twenty years. His ONE IDEA OF PHILANTHROPY are incompatible with organization have seen a quarryman who has lost Accidents to Machinists and Stone an eye through a premature explosion cutters Might Be Avoided by Use

and lose the other eye. "'Glaucoma,' which occurs only in in his lecture at the Harvard Medical people over forty years of age, may be ranked as an accident, since it is in moment of excitement or deep emotien that a person begins to go blind. There comes an instantaneous, agonizing pain in the eyes, which, if not at tended to at once, will cause total

blindness within a few days. "The danger signal, which warns people that their eyes are becoming seriously affected by overwork, diges tive or circulatory disturbances, is see ing a rainbow halo. This halo is vis-ible often when the person affected strikes a match at night or looks at a

street light."

to force them to wear glacses, and I countenance had all the expression of his immaculate white suit, except for a look of disgust which he assumed as of dynamite go back to the same work the baby, in its restlessness, would touch him with foot or hand. Finally he turned toward the woman and inquired, in a tone audible to those

near him: "Ah, beg pawdon, madam, but has this child anything-ab-contagious?" The nurse was a motherly looking woman. Glancing compassionately at him through her gold rimmed spectacles, she remarked, meditatively:

"Well, now, I don't know, young man, but-ah-it might be to you. She's tenthing!"

Has Polar Trip in View. Luther E. Widen, M. A., who recent obtained his doctor's degree at the University of Iowa, will be the first psychologist to make a polar trip. He will accompany the Stefansson party It was on a crowded car one day north to study the white Eskimo in last summer that a middle aged wo particular. In preparation for the explored to squeeze herself into a small bling his psychological paraphernalia. will accompany the Stefansson party north to study the white Eskimo in

Carmen Sylva Says If She Had

Million She Would Build Vast

Cathedral. What curious ideas some people have on the subject of philanthropy. Carmen Sylva, queen of Roumania, is the latest to answer that ancient question, "What would you do if you were a millionaire?" She would build a vast cathedral with chapels in it for every religion, and she would also build an art school. As it is only a very small minority of people who ever go to church or chapel, and those that do go are usually of the more comfortable classes, it is to be feared that Carmen Sylva's million would not go very far to lessen human misery. Most people have asked themselves what they would do if they were milionaires, but the wiser among them ing what they would not do. A resolution to give nothing to any religious or charitable organizations, with a very few exceptions, is a fairly safe one, since both religion and charital

The greatest delight of wealth is in its opportunities for individual and beneficent contact with one's fellowmen, for there can be little true charity without individual contact between giver and receiver. Among the schemes for spending a million we should be disposed to place that of Carmen Sylva at the bottom of the

Lace Designs From Spider Webs. Missionaries in Paraguay more than 200 years ago taught the native Indians to make lace by hand. Since that day the art has greatly develop ed, and in certain of the towns lac making is the chief occupation. Almost all the women, many children, and not a few men are engaged in this

industry. A curious fact with reference he Paraguayan laces is that the designs were borrowed from the strange webs woven by the semi-tropical api



idence. As usual, she and Hamilton Gregory were about to be left alone. needs it?" called the un abashed Fran, looking over the bantsters. "The frogs?" "Life," responded the secretary som-

berly. CHAPTER VIII.

War Declared.

The April morning was brimmin with golden sunshine when Fran looked from the window of her secondstory room. Eager for the first mornher attitude. "That friend," he said ing's view of her new home, she stared at the half-dozen cottages across the street, standing back in picket-fenced father graduated, and went away to He wanted to do right. With all the yards with screens of trees before strength of his nature, he strove to their window-eyes. They showed only as bits of weather-boarding, or gleaming fragments of glass, peeping through the boughs. She thought everything homelike, neighborly. These houses seemed to her closer to the earth than those of New York, or, at any rate, closer in the sense of brotherhood. She drew a deep breath of pungent April essence and murmured;

'What a world to live in!" Fran had spoken in all sincerity be easy to find. But he kept himself wasn't of their sphere, their life, that in declaring that she wanted nothing close, and there was never a clew. he couldn't have made her happy— but a home; and when she went down Then mother died. Sometimes she that it wouldn't-that it just wouldn't to breakfast it was with the expecta used to tell me that she believed him do. For three years he stayed in the tion that every member of the family dead, that if he'd been alive he'd have mountains of Germany, the most mis- would pursue his accustomed routine, come for her, because she loved him erable man in the world. But his undeflected by her presence. She was with all her soul, and wrecked her conscience wouldn't let him rest. It willing that they should remain what whole life because of him. She was told him he should acknowledge his they were, just as she expected to happiest when she thought he was wife. So he went back-but she'd dis- continue without change; however, on him searchingly, felt himself dead, so I wouldn't say anything, but pushed to the wall. "Of course," he I was sure he was alive, all right, as he'd never heard—he'd never dreamed herself seeking to modify her surbig and strong as you please. Oh, I of the birth of a-of the-of this girl. roundings. If a strange mouse be imknow his kind. I've had lots of expe- He never knew that he had a daugh- prisoned in a cage of mice, those already inured to captivity will seek to quito season that for two weeks work "Well," said Simon Jefferson, "he's destroy the new-comer. Fran, sudden-"May I ask-if you don't dead now, and that's one comfort. ly thrust into the bosom of a family already fixed in their modes of thought be afraid I might come up with him and action, found adjustment exceed-and then, afterward, that I might not ingly difficult.

She did not care to mingle with the people of the village-which was fortunate, since her laughing in the tent ed the old lady from her wheel-chair. had scandalized the neighborhood; she Simon Jefferson's red face and staring would have been content never to eyes told plainly that his spirit was up. cross the boundaries of the homestead, "After all," said Fran cheerfully, had it not been for Abbott Ashton. 'we are here, and needn't bother It was because of him that she acquiabout what's past. My mother wasn't esced in the general plan to send her given her chance, but she's dead now, to school. It was on the fifth day of blessed soul-and my father had his her stay, following her startling admisman. Let's forget him as much as a day in her life, that unanimous opinwe can, and let's have nothing but ion was fused into expressed command-

"You must go to school!" Fran thought of the young superin-

tendent, and said she was willing. d retired to the library for the day's work, Mrs. Gregory told Fran, "I really think, dear, that your dresses are much too short. You are small but your face and manners and even your voice, sometimes, seem old-quite old."

Fran showed the gentle lady a soft docility. "Well," she said, "my legs are there, all the time, you know, and I'll show just as much of them, or

just as little, as you please." Simon Jefferson spoke up-"I like to see children wear short dressesand he looked at this particular child with approval. That day, she was really pretty. The triangle had been broadened to an oval brow, the chin was held slightly lowered, and there was something in her general aspect, possibly due to the arrangement of folds or colors-heaven knows what, for Simon Jefferson was but a poor male observer-that made a merit of ber very thinness. The weak heart of ure in nice proportions, while his mind attained the esthetic outlook of a classic age. To be sure, the skirts did

"I like," Simon persisted, "to see young girls of fourteen or fifteen. dressed, so to say, in low necks and high stockings in-er-in the airy way such as they are by nature . .

It was hard to express. "Yes," Fran said impartially, "It pleases others, and it doesn't hurt

"Fran!" Mrs. Gregory exclaimed gazing helplessly at the girl with something of a child's awe inspired by venerable years. It was a pathetic ap-

comprehension (TO BE CONTINUED.)

went woren by the semi-tropical ap-ders that abound in that country. Ac-cordingly this lace is by the natives called nanduti, which means "apider web."—Harper's Weskiy.



Gently Active.

. Tealthy old age is so absolutely deendent upon the condition of the bowels that great care should be taken to see that they act regularly. The fact is that as age advances the stomach muscles become weak and inactive and the liver does not store up the juices that are necessary to prompt digestion. Some help can be obtained by eating

easily digested foods and by plenty of exercise, but this latter is irksome to most elderly people. One thing is certain, that a state of constipation should always be avoided, as it is dangerous to life and health. The best plan is to take a mild laxative as often as is deemed necessary. But with equal cer- the day she began taking Dr. Caldtainty it is suggested that cathartics. purgatives, physics, salts and pills be avoided, as they do but temporary good she is glad to say kind things of this and are so harsh as to be a shock to a remedy. delicate system.

ing, is to take a gentle laxative-tonic kinds can usually be dispensed with. A. P. Davidson of University Mound Ington St., Monticello, Ill. and because of her sedentary habits it will do.

"When Billinger bought his new the old duke of Wellington, the con- house it was with the express underqueror of Waterloo, and it came out standing that he should have a room in the story by a lady whose French all of his own-a den or study."

"Yes, I know what you mean. Did he get it?' "He got it and his wife furnished

"With a sewing machine, a cutting table, two dresses, dummies, three sewing chairs and a full length mirror."

Sad Mistake. Dick-I say, Helen, that new fellow on our polo team will soon be our best Helen-Oh, Dick, what a perfectly

lovely way of proposing. Several Ways.

"I am working along intellectual lines for the suffrage." "I see," said the mere man. "What's your specialty? Do you throw acid or do a barefoot dance?"

Kind to Expect. "I see where the fat women are inveighing against the present fashions as utterly unsuited to mem." "Well, they are qualified to put up stout resistance."

Very Much So. "Has that new boarder of yours got consumption?" "Has he? He consumes every

blessed thing he can lay his hands His Business Manner. "I don't like the clockmaker you

deal with. He is too obsequious. ness to be a timeserver. Anticipation. Jackson-Whew! That's some cliff!

Johnson-Seems to fascinate you. Jackson-Yes. That's the way my desk will look when I get back.

Disagreeable Trait. "Can she keep a secret?" "Yes, the disagreeable thing."-Detroit Free Press.

Mrs. Winslow's Soothing Syrup for Children testhing, softens the gums, reduces inflamma-tion,allays pain,eures wind colle,25c a bottle.48

"Have you got a good cook?" "Yes, very religious, but her cooking's diabolical."

Foley Kidney Pills Relieve promptly the suffering due to weak, in-active kidneys and painful bladder action. They offer a powerful help to nature in building up the true excreting kid-ney tissue, in restoring normal action and in regulating bladder irregularities.

> A BSORBINE Removes Bursal Enlargements.

Try them.

Thickened, Swollen Tissues, Curbs, Filled Tendons, Sore-Stops Spavin Lameness. Allays pain.
Does not Blister, remove the hair or lay up the horse. \$2.00 a bottle, delivered. Book 1 K free.

ABSORBINE, JR., the antiseptic liniment for mankind. For Synovitis, Strains, Gouty or Rheumatic deposits, Swollen.
Painful Varicose Veins. Will tell you

more if you write. \$1 and \$2 per bottle dealers or delivered. Manufactured only W.F.YOUNG, P. D. F., 310 Temple St., Springfield, Ma

PREVENTION better than cure. Tutt's Pills if taken in time are not only a remedy for, but will prevent SICK HEADACHE,

W. N. U., ST. LOUIS, NO. 42-1913. PISO'S REMEDY





son, shooting a dissatisfied glance a

Fran laughed outright. "I'm going

It is exceedingly difficult to main-

tain satisfaction in silent martyrdom.

Fran from under bushy brows.

You are so human."

cording to their whims?"

called, "Hello. How are you?"

garden at least twice a day?"

if you say so!'

atoning for the past.

When an unknown voice entered the

large end of the tube, half its mean-

ing was usually strained away before

the rest reached the yearning ear.

Fran patted the thin old arm with

Gregory, finding Grace's eyes fixed

position to his secretary, his manner quietly.

"As an equal, yes!" exclaimed his

her thin young hand, as she shouted,

Would You Like to Know More About Me?"

me?" Fran asked confidentially of Mrs. Gregory turned pale. "I don't think

it is neces-

"Do tell me!" exclaimed his wife. "Father and mother married secretly," Fran said, solely addressing Mrs. Gregory, but occasionally sending furtive glance at her husband. "He was a college-student, boarding with his cousin, who was one of the profesliness of her expression Insulted, she sors. Mother was an orphan and lived with her half-uncle-a mighty crusty old man, Uncle Ephraim was, who didn't have one bit of use for people's thing for him." getting married in secret. Father and mother agreed not to mention their marriage till after his graduation; then he'd go to his father and make everything easy, and come for mother. So he went and told him-father's fa-

too, but he didn't enjoy anything ex-cept religion. When he wasn't at Grace, who seldom agreed with him church-he went 'most all the timeto like you, all right," she declared. he was reading about it. Mother said best man she had ever known, could he was most religious in Hebrew, but be fond of Fran's father, was incomhe enjoyed his Greek verbs awfully." prehensible, Ever since Fran had come Grace Noir asked remotely, "Did Grace was obliged to speak, lest any you say that your parents eloped?" one think that she acquiesced in evil. "They didn't run far," Fran ex-'Is it customary for little girls to roam plained; "they were married in the

JOHN BRECKENRIDGE ELLIS

ILLUSTRATIONS BY

· IRWIN · MYERS

do right."

ter. Never!"

prisonment."

the streets at night, wandering about county, not far from Springfield-" the world alone, adopting homes ac "I thought you said," Grace Interrupted, "that they were in New York." "I really don't think it is custom-"Did you?" said Fran politely. "So ary," Fran replied politely, "but I'm not a customary girl." At that motell his father all about being marment she caught the old lady's eye. It ried to Josephine Derry. I don't know was sparkling with eloquent satisfac- what happened then, as he didn't come back to tell. My mother waited and snapped Simon Jefferson. tion; Mrs. Jefferson supposed terms waited-and I was born-and then didn't he go back after that young of service were under discussion. Fran laughed, grabbed the ear-trumpet and

Uncle Ephraim drove mother out of his house with her tiny baby-that's me-and I grew to be-as old as you see me now. We were always bunt-ing father. We went all over the ward. He went to tell his father, and United States, first and last-it looked his father showed him that it would like the son of a millionaire ought to never do, that the girl-his wife-"And will you wheel me around the "But I do not see-saw," retorted the

"So I'd suppose," said Grace Noir

grew more assured. Suddenly it oc- mind-if this traveling about the Unitcurred to him that he was, in a way, ed States didn't take a great deal of money?" "Oh, we had all the money we want-

wife, again embracing Fran. "How ed." Fran returned easily, "Indeed? And did you become rec-"This is going to be a good thing onciled to your mother's uncle?" for you, if you only knew it." Fran

"Yes-after he was dead. He didn't leave a will, and there wasn't anybody else, and as mother had just been taken from me, the money just naturally came in my hands. But I didn't

"But before that," Grace persisted; disinherited, how could she make her

stand around folding her hands and crossing her feet-she used 'em. Bless you, I could get along wherever you'd drop me. Success isn't in the world, it's in me, and that's a good thing to

know-it saves hunting." "Do you consider yourself a 'success'?" inquired the secretary with a

chilly smile, "I had everything I wanted except a home," Fran responded with charming good-humor, "and now I've got that. In a New York paper, I found a picture of Hamilton Gregory, and it told about all his charities. It said he had millions, and was giving away everything. I said to myself, Til go there and have him give me a home' you see, I'd often heard mother speak of him-and I said other things to myself-and then, as I generally do what I tell myself to do-it keeps up confidence in the general manager-

came." "Dear child," said Mrs. Gregory stroking her hair, "your mother dead, your father-that kind of a man-you shall indeed find a home with us, for life. And so your father was Mr.

Gregory's triend. It seems-strange." "My, father," said Fran, looking at Mr. Gregory inscrutably, "was the best friend you ever had, wasn't he? You loved him better than anybody else in the world, didn't you?"

"I-I-yes," the other stammered, looking at her wildly, and passing his agitated hand across his eyes, as if to shut out some terrible vision, "yes,

I-I was-er-fond of-him." "I guess you were," Fran cried em-

"You'd have done anyphatically "I have this to say," remarked Simon Jefferson, "that I may not come up to the mark in all particulars, and I reckon I have my weaknesses: but I wouldn't own a friend that proved here." himself the miserable scoundrel, the

before, when your mother was first chance, but it wasn't in him to be a sion that she had never been to school "Mother was like me. She didn't sweet and peaceful thoughts about

"It Pleases Others, and It Doesn't

mother. That's all over, and I'm here to take my chance with the rest of the burly bachelor tingled with pleasyou. We're the world, while our day lasts,"

"What a remarkable child!" murmured Grace Noir, as they prepared to show a good deal of Fran; very good-"Quite a philosopher in they could not show too much. separate. short dresses.'

"They used to call me a prodigy." murmured Fran, as she obeyed Mrs. Gregory's gesture inviting her to fol-

low up-stairs. "Now it's stopped raining," Simo Jefferson complained, as he wheeled

his mother toward the back hall. "That's a good omen," said Fran, pressing Mrs. Gregory's hand. moonlight was beautiful when I was on the bridge-when I first came

"But we need rain," said Grace Noir peal to a spirit altogether beyond her weak cur, that this child's father reprovingly. Her voice was that of

one familiar with the designs of Prov-

list-and then some.

MRS. MARY A. P. DAVIDSON had continual bowel trouble. From well's Syrup Pepsin she has had no further inconvenience and naturally

A bottle can be bought of any drug-A much better plan and one that gist at fifty cents or one dollar. People thousands of elderly people are follow- usually buy the fifty cent size first, and then, having convinced themselves of like Dr. Caldwell's Syrup Pepsin, which its merits, they buy the dollar size. acts as nearly like nature as is possible. which is more economical. Results are In fact, the tendency of this remedy always guaranteed or money will be is to strengthen the stomach and bowel refunded. Elderly persons of both muscles and so train them to act natu- sexes can follow these suggestions

rally again, when medicines of all with every assurance of good results. Families wishing to try a free sam-This is the opinion of many people of ple bottle can obtain it postpaid by addifferent ages, among them Mrs. Mary dressing Dr. W. B. Caldwell, 419 Wash-Home, San Francisco, Cal. She is 78 card with your name and address on

There was humor of a dry kind in

poodle once ran into the grounds of Walmer castle. "Blucher, Blucher!" called the fair owner of the poodle to the disobedient it. animal

The duke looked over the wall. 'Madam," said he, "time was when too, should have been extremely glad to see Blucher."

Mosquito Pest Overcome.

Fighting mosquitoes was one of the construction problems of the power development at Stave Falls, British Columbia. Two years ago the pests were so annoying at the height of the moswas suspended altogether. It is reported that this season there have been practically no mosquitoes as a result of the fact that a man was detailed to spend his time putting oil on pools in the neighborhood.-Engineering Record.

The young man approached the magnate, resolution gleaning in his

"While I was calling on your daughter last night, sir," he said, "your dog

growled at me." "Did he bite you?"

'No, sir; only growled." "Humph! Then I'll have to get an-

other. Confound these dealers' guarantees!"

Miss Helen Travers, the president When Mr. Gregory and the secretary of the Bachelor Girls' club of Duluth. said in a toast, "The Men," at the "And now we come to the man as

husband. Man as husband may be divided into two classes-he whose meals disagree with him, and he who disagrees with his meals."

Not in Leap Year. They were quarreling. "Well, you can't say I ran after you," said the

"Neither does a mouse trap run after the mice, but it catches 'em just the same," replied hubby. Not Vacuum Cleaners.

"Mind cures are not always successful." "Of course not. " They've got to have something to work on."

Generous. May-She's a woman of liberal views, isn't she? Fay-Well, I notice she's always

giving others a piece of her mind. Height of Luxury. Stella-What is your idea of fishing de luxe? Bella-Silkworms for batt,

The government test for bunting is six hours in salt water and then six hours' exposure in the sun.

Test for Bunting.

A FOOD DRINK Which Brings Daily Enjoyment. A lady doctor writes: Though busy hourly with my own

ure of taking a few minutes to tell of my enjoyment daily obtained from my morning cup of Postum. It is a food not an irritant like coffee "I began to use Postum 8 years ago, not because I wanted to, but because coffee, which I dearly loved, made my nights long, weary periods to be dreaded and unfitting me for business during

affairs, I will not deny myself the pleas

"On advice of a friend, I first tried Postum, making it carefully as sug-gested on the package. As I had always used 'cream and no sugar.' I mixed my Postum so. It looked good was clear and fragrant, and it was a pleasure to see the cream color it as my Kentucky friend wanted her coffee to look—'like a new saddle "Then I tasted it critically, for I had

tried many substitutes for coffee. I was pleased, yes, satisfied with my Postum in taste and effect, and am yet, being a constant user of it all these years. I continually assure my friends and acquaintances that they will like it in place of coffee, and receive benefit from its use. I have gained weight, can sleep and am not nervous." Name given by Postum Co., Battle Creek, Mich. Write for the little book, "The Road to Wellville." Postum comes in two forms: Regular Postum—must be well

Instant Postum is a soluble powder

A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage in stantly. Grocers sell both kinds "There's a reason" for Postum.